

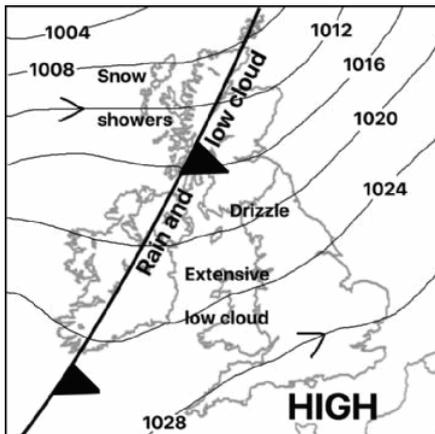
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Friday, 22 March, 2019



British Mountain Summary:

Based on forecast chart for noon 22 March, 2019

Southwest winds; gale force across Lakes/N Pennines/S Uplands and storm force over the Highlands. Extensive low cloud across the hills with patches of drizzle ahead of a cold front that will push southeast through the day bringing a period of heavier rain to all hills. Colder air into Scotland later with snow showers in west.

Headline for Cairngorms NP and Monadhliath

Storm force winds. Rain arriving from west, clearing later to a few snow showers.

Detailed Forecast for Friday, 22 March, 2019

How windy? (On the Munros)	South to southwest, 60-80mph, veering westerly during the afternoon and easing to between 35-50mph.
Effect of wind on you?	Walking widely very difficult through the morning with severe wind chill. Conditions moderating in the afternoon.
How wet? (Precipitation and its impact)	Rain for a time, snow showers arriving later. Isolated drizzle hills at first, mainly hills near and west of A9. Then rain arriving from west later in morning, heaviest on hills near/west of A9. The rain will ease away by mid afternoon with clearer conditions following, but with a few snow showers towards dusk, rain below 600m.
Cloud on the hills?	Fairly extensive higher areas, clearing later. Cloud will be extensive across higher areas for several hours, especially in rain, above 700-900m, lowest bases towards Glen Garry. However, some fleeting breaks to tops towards Deeside. As rain clears later in afternoon, cloud will break to tops with many hills clearing. Although patches lowering again in snow showers.
Chance of cloud free Munros?	30% lifting to 70% by late afternoon.
Sunshine? Air clarity (below cloud)	Patches of sun will come through later in afternoon and visibility tending to improve as rain clears. Reduced again by showers.
How Cold? (at 900m)	3 to 5C, dropping through afternoon, perhaps abruptly to 0C or just below toward dusk. Feeling closer to -18C in exposure to strongest winds.
Freezing Level	Above summits, but dropping sharply to 800-900m later in afternoon, then lower into the night.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 23 March	Sunday 24 March
How windy? (On the Munros)	Westerly 20 to 30mph; strongest in the morning.	Westerly 45 to 60mph; strongest in the morning.
Effect of wind on you?	May impede walking at times across higher areas with significant wind chill.	Walking widely difficult or perhaps for a time locally very difficult with severe buffeting and wind chill.
How wet? (Precipitation and its impact)	Isolated snow flurries Isolated snow flurries through the day, mainly across hills west of the A9.	Occasional showers arriving from west. After a dry start to the morning, a few showers will push in from the west; these initially falling as snow above 500-600m, but increasingly into the afternoon will become confined above 800-900m.
Cloud on the hills?	Often clearing tops. Cloud base varied; broadly typical cloud base 1000 to 1200m, often clearing higher tops. Lowest bases west of A9, where shafts of cloud descending to 800m near precipitation.	Occasional shrouding higher areas Hills likely widely clear at first. However, as showers spread in from the west, cloud will occasionally lower onto higher slopes above 900-1000m; perhaps becoming fairly extensive for a time hills west of A9.
Chance of cloud free Munros?	70%	60%
Sunshine? Air clarity (below cloud)	Occasional sunshine. Visibility excellent, but lowering in flurries.	Patches of sun at first, especially in the east. However, becoming cloudy from the west by midday. Visibility very good, but becoming poor at times in rain/snow.
How Cold? (at 900m)	-1 or -2C	-2C lifting to 0C.
Freezing Level	700-800m	700m lifting to 900m.

Planning Outlook**All mountain areas of Britain from Saturday, 23 March, 2019**

Colder conditions over the weekend with freezing levels ranging between 700 and 1000m. Snow or hail showers focused on W Scotland, becoming increasingly frequent through Sunday when another swathe of gales will affect the Highlands. Drier elsewhere, with just a few showers; these mainly across the Lakes and E Scotland.

Into next week, higher pressure will extend across the UK bringing a period of quieter weather with lighter winds and occasional sunshine. Temperatures slowly rising by day, although frosts forming in the valleys/glens at night. Weak fronts may edge into W Scotland at times introducing some low cloud and drizzle here for a time.

Forecast issued at 16:36 on Thursday, 21 March, 2019

The production of the Scottish forecasts is fully funded by the Scottish Government through the Mountaineering Council of Scotland with the support of sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Geoff Monk & Associates, 2019.